

Cook of the Week



Our Cook of the Week is Rolly MoQuin. Rolly has been a long time resident of Terrace Bay. Rolly is kept busy with his wife Sheila and daughter Shannon, 10 yrs. old. Rolly can be found around the Fire Hall or out at his camp, he enjoys fishing, waterskiing, and curling.

O.P.P. Report

A Rossport man suffered serious injuries when he was involved in a one car accident on Highway 17 east of the Jackfish Road. Darren Gerow age 18 of Church Street was east-bound in a 1976 Mercury when he struck ice, losing control of his vehicle which travelled 53 metres into the south ditch, rolled over and came to rest. The vehicle is a total wreck.

Minor injuries to

Gregory Chick of Big Valley, Alberta and \$41,000 damage to his rig were the results of an early morning accident on October 17th, at Rainbow Falls hill on Highway 17. The empty cattle truck was westbound and the right front wheel dropped off the road onto the shoulder. Chick lost control, and the vehicle went into the ditch where it struck a large rock.

A break and enter is under investigation which occurred on the morning of October 11th. Entry was gained to the Schreiber Municipal Office by forcing a window open. Once inside the safe was forced open and cash was stolen. The scene was examined by Identification Officers and results are forthcoming. Several items were located which should identify the culprit.

A fire which started in the residence of Tony Phinn at Selim completely destroyed his home and contents. The fire was seen by a neighbour who placed the alarm but the house was totally engulfed when firefighters arrived. The house and contents were insured.

Two bicycles have been turned into the Detachment during the past two weeks. Both are in good condition and can be claimed by the owner.

Hospital Auxiliary

The Hospital Auxiliaries Association of Ontario is celebrating its 75th anniversary this year. The purpose of this association is to act as a body for its auxiliaries: to facilitate the exchange of ideas and to encourage the development of auxiliaries to the benefit of hospitals and patients. The Auxiliary to the McCausland Hospital is, of course, a member of the Association, and, with the hospitals of Marathon, Manitowadge, Nipigon, Red Rock, Geraldton, and Thunder Bay make up the district of 12A.

During the past year, these auxiliaries have raised \$160,000 toward the purchase of costly equipment and machines for the hospitals, furnishing and decorating special rooms in hospitals and providing scholarships for students pursuing a career in health care.

Our own auxiliary of the McCausland Hospital is an active member of the HAAO. Formed in 1973, it assisted the old hospital and the new in providing ex-

tras, some of which include: birthing bed, cribs for pediatrics, sophisticated lab equipment, an annual scholarship and we are now working on funds to provide a new ECG machine in 1986 at a cost of \$13,000. The Auxiliary has also just purchased two glucometers to enable diabetics to test their own blood sugar. On special holidays, we decorate the hospital, hold teas and provide tray favours. The Auxiliary is able to do this thanks to generous community support of its fundraising activities, raffles, bingos, bazaars, bake sales and, of course, patronizing the Hospital Gift Shop.

We are holding our annual membership drive October 28th to November 7th. Volunteer canvassers will be asking for your support through door-to-door canvassing. An annual membership is \$2.00; life membership is \$25.00. With your help, the auxiliary will be able to continue to help our hospital maintain its high standards of patient care and provide

little extras not covered due to government health care cutbacks.

The auxiliary to the McCausland Hospital meets the third Monday of the month at 8:00 p.m. in the cafeteria of the hospital. Frequently, a guest speaker adds an educational element to our meetings. Originally meetings were held in the Home for the Aged, holding membership teas in the Lobby. It then moved to St. Andrews Church basement in Schreiber, and then

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The lighter side of Cooking

The lighter side of cooking.

This is a pizza recipe I got from a friend of mine named Vernon, or it's also known as Paula's Pizza. Now how bout this.

1) Wait for a cold night say about -40 below zero. Start your truck or car and wait till your oil pressure is about 40-45 lbs. Let your vehicle fast idle for 3 to 4 minutes at 4-600 rpms. Once you reach a good

operating temperature at 180 or 190 degrees you can now back out of your driveway.

2) Then you can drive anywhere in town for 5 to 6 min. to your favorite Pizza joint. Once you get there your pizza will come out of the oven at around 400 degrees. Get them to over cook it another 300 degrees, because by the time you get back home it will be a little cooler. This

makes a good snack, supper or you can preheat in the morning. This is a nice drink to go with your pizza. It is called Tea.

1 cup of boiling water
1 tea bag
1 tsp. sugar
1 splash of milk
and stir. Don't forget to remove the tea bag before drinking. Cooking is one of my favourite pass times as you can tell. Didn't think I could cook eh, Sheila!

Bits and Bites

by Helene Ballard

Hi folks! Well here I am I can still do my duty in writing this wee bit of news. Kind of on the cool side but it sure feels good to get that nice fresh air in your lungs.

Before I go and forget, I would like to say Thank You to the nice folks for bringing us your egg cartons - your response to our call for help in this was just great. We are well stacked now, so until what we have is all used up we are no longer in need of cartons for the present. If and when the time comes that we need more I am sure you will all be as kind and generous as you have in the past. Thank you.

Now I have a request of a different nature. If any of you nice people out there would like to do a "good deed" and you enjoy a game of Bridge there is need of players at Birchwood. We have Bridge every Wed. afternoon from 1:30 to 3:30. It is a nice way to pass a long winter afternoon and you make new friends, as well you will have a coffee break or tea, your choice, so how about it folks can we look forward to seeing you some Wed. afternoon? Thanks.

Last Thursday afternoon we had our monthly Residents Birthday Party. The hostesses for this event were the ladies from St. John's Anglican Church in Schreiber. Our thanks to these ladies who are always doing their best to help the Residents enjoy a nice afternoon.

Halloween will soon be upon us. I hope all the wee folks and "not so wee" have loads of fun, but a word of caution-be careful crossing streets, it's dark early now and we don't want any accidents do we? Also bring your bag of goodies home to mother so she can check it for anything you should not have. I am sure we will see some of you again at Birchwood.

Again this week "no bite" but if I may I would like to just say a word to all you dear people. When you travel in your car, please fasten your seat belts, it's been proven many times that they do save lives - also when you are on the water, no matter what kind of a boat or canoe you use - please wear your life-jackets - they too are very important to you and don't let any sad accident happen to you, just stop and take the time to remember to use both seat belts and life jackets.

And now for a small joke:

2 girls at a coffee break in a large office were busy talking about the new young man who had just joined the staff.

"Boy," said one, "he sure knows how to dress well, besides all this he has a mind like a computer - to which the second girl with a bored look on her face replied "A mind like a computer, yep. "Pocket size".

Until next week friends, Cheerio!



This is a new article that will appear weekly in this newspaper to let the residents of this community know of the Squash & Racquetball programs available in this community.

First a bit of information about each game. Squash is played between 2 players and the object of the game is to keep the ball in play while making it difficult for the opponent to do so. The rules are straightforward and few in nature. Copies of the rules can be obtained at the office. A small black ball is used with a long handled racquet. We do have racquets available at the centre. Footwear must be non-marking. Court rentals are 45 minutes in length which provides a perfect length of exercise for TOTAL FITNESS.

Racquetball

The object of this game is to keep the ball in play until you can outplay your opponent. Game goes to 21 points. Short handled racquet and larger ball are used in this sport. Court rental time is 45 minutes. Very fast moving sport. Excellent for TOTAL FITNESS.

Squash and Raquetball Report

How Do I Get Started?

For the month of October the centre has in place a program that provides free use of racquets and ball, and also (2) two courts for the price of one. This applies to members and non-members.

How do you find a Partner or someone to offer basic instructions?

The office maintains a list of players, male and female and if you wish a partner, we will do our best to help. We are also planning on implementing League play for Adults and Youth. More on this topic in next week's article. We are accepting names for the Youth League at this time. Ages 10-14, 15-18 years.

What's Involved in becoming a member of the Youth Club?

Must be between the ages of 10-14 or 15-18 years of age, male or female. Experience not necessary. The purpose is to introduce the game to you. You must be recreation members. For the month of October all the equipment is provided free.

The league will be a round robin with every

member playing each other twice. Individual win, loss records will be maintained by the office staff. A master schedule will be available to each member. Scheduled times for these games will be Tuesday and Thursday from 4:00 to 6:00 p.m. however you may arrange a game anytime. All members of this club will receive basic instructions at no cost. Court rental will be \$2.00. Interested

Call the Recreation Office at 3542. We will be arranging a meeting with all concerned from the names submitted.



THANK YOU

To Dr. Wilkes and the Nursing Staff of McCausland Hospital. A special thanks to Sharon and Nancy, my family, friends and neighbours for their prayers, visits, flowers, cards, and phone calls while I was in St. Joseph's Hospital.

John Power

Birth Announcement

Len and Nora Smith are proud to announce the arrival of their first child, **Marsha Dawn**, born September 26, 1985, weighing 8 lbs., 5 ozs. Happy grandparents are **Mr. & Mrs. Harry Smith**, Anderson, California, and **Mr. & Mrs. John Mikus** of Terrace Bay. Special thanks to Drs. Bailey, Hibbert and the entire nursing staffs of the McCausland and McKellar Hospitals (maternity ward) for all of their terrific care, help, and concern during our stays with them. Also, a big thank you to our families, friends, and relatives for the phone calls, flowers and cards.



REMINDER

Citizens of Terrace Bay are reminded to set their clocks back one hour at 2 a.m. October 27, 1985.



LOST AND FOUND

LOST:

1 pair of cross country skis
1 sweatshirt that's sweating
1 OV MVP mug
one half evening

FOUND:

1 waitress that can "serve you better"
1 pair of cross country skis
1 sweatshirt that's still sweating
1 mug (crazy glue required)

Owner can claim by paying for ad.
Phone 9148 between 6:00 p.m. and 6:01 p.m.